

# **An Approach to Addressing Problem Symptoms in Dementia: The 4 Ds**

Peter V. Rabins, MD, MPH

# An Approach to Addressing Problem Symptoms in Dementia: The 4 Ds

- **DESCRIBE**      Be specific
- **DECODE**      Consider possible causes,  
common and uncommon
- **DEVISE**      Base on 'decode'  
Use common sense
- **DETERMINE**      Be as specific as possible

# DESCRIBE

- What
- Where
- When
- Why
- Who

# Decode

- Cognitive
- Psychiatric
- Medical
- Environmental
- Caregiver

# AN APPROACH:

## The 4Ds

PROBLEM	DESCRIBE Identification	DECODE Evaluation	DEVISE Intervention	DETERMINE Monitoring
	What Where When Why Who	Cognitive Psychiatric Medical Environ Carer	Constantly explain; Remain calm  Do less frequently	Count

# AN APPROACH:

## The 4Ds

<b>PROBLEM</b>	<b>DESCRIBE</b> (Identification)	<b>DECODE</b> (Evaluation)	<b>DEVISE</b> (Intervention)	<b>DETERMINE</b> (Monitoring)
FALL	Where, Circumstance	Apraxic, Weakness, Imbalance, Vision, Environ	Identify risk factors, intervene accordingly	Count
PRESSURE ULCER	Regular eval Early recog	Staging	Medical tx, Devices, Turning reg	Regular comment; Consult
WT LOSS	Regular wt	Nutrition consult	Feeding; Supplements ; Tube; Meds	Weekly
AGGRESSION	Describe behavior	Identify precipitants	Environment; Meds; Consult	Change tx if no better; Monitor side effects

# AN APPROACH: The 4Ds

<b>PROBLEM</b>	<b>DESCRIBE</b> Identification	<b>DECODE</b> Evaluation	<b>DEVISE</b> Intervention	<b>DETERMINE</b> Monitoring
HITTING	What, Where, When Why Who	Cognitive Psychiatric Medical Environ Carer	Constantly explain; Remain calm  Do less frequently	Count
WANDERING				
PACING				
SUSPICIOUS				

# AN APPROACH:

## The 4Ds

PROBLEM	DESCRIBE Identification	DECODE Evaluation	DEVISE Intervention	DETERMINE Monitoring
INACTIVITY	What Where When Why Who	Cognitive Psychiatric Medical Environ Carer	Constantly explain; Remain calm  Do less frequently	Count
CRYING				
DOESN'T SLEEP				
REFUSES MEDICATIONS				